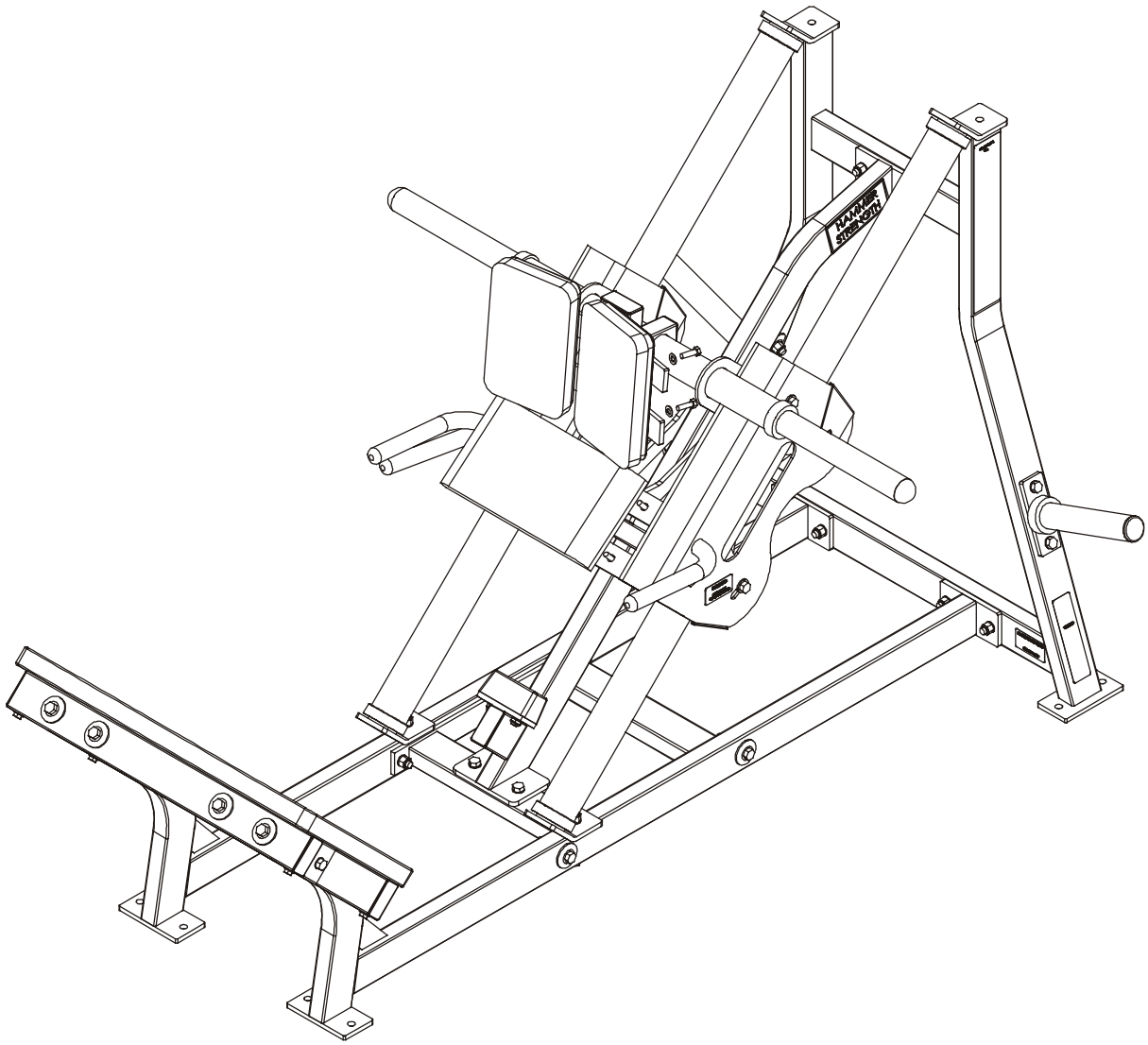
LifeFitness

STRENGTH 9000 SERIES EQUIPMENT

PLLH – PLATE LOADED LEG HACK



Customer Support Services

PARTS MANUAL

STRENGTH 9000 SERIES

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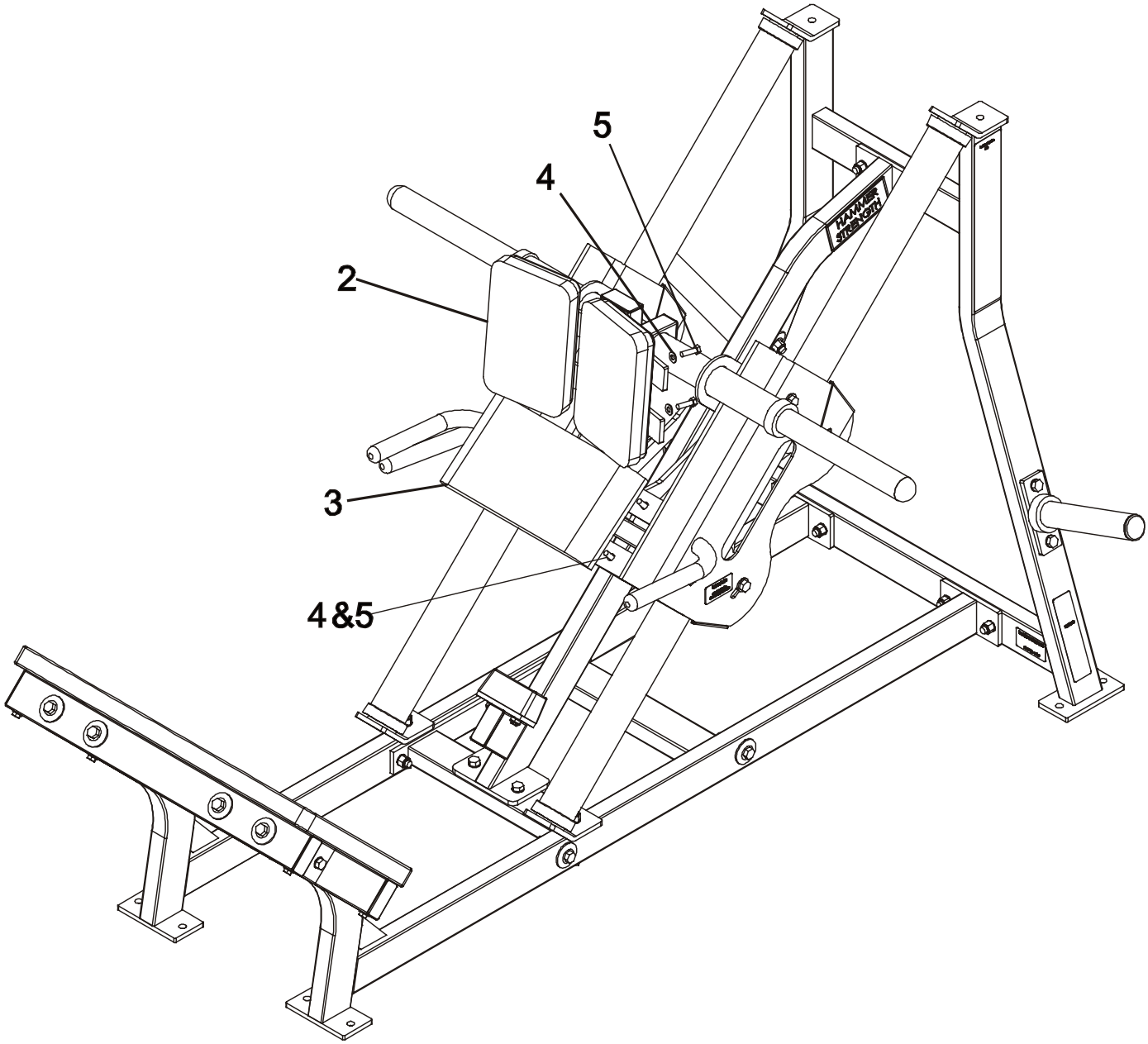
Pad Set Assembly



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLLH-A0000	TOP ASSEMBLY
2	2	0K50-US084-0000	LOWER SEAT BACK PAD
3	1	0K50-US079-0000	PLLL SEAT PAD
4	8	0017-00104-0313	3/8" SAE Flat Washer
5	8	0017-00101-1412	3/8 X 1 1/4 Bolt

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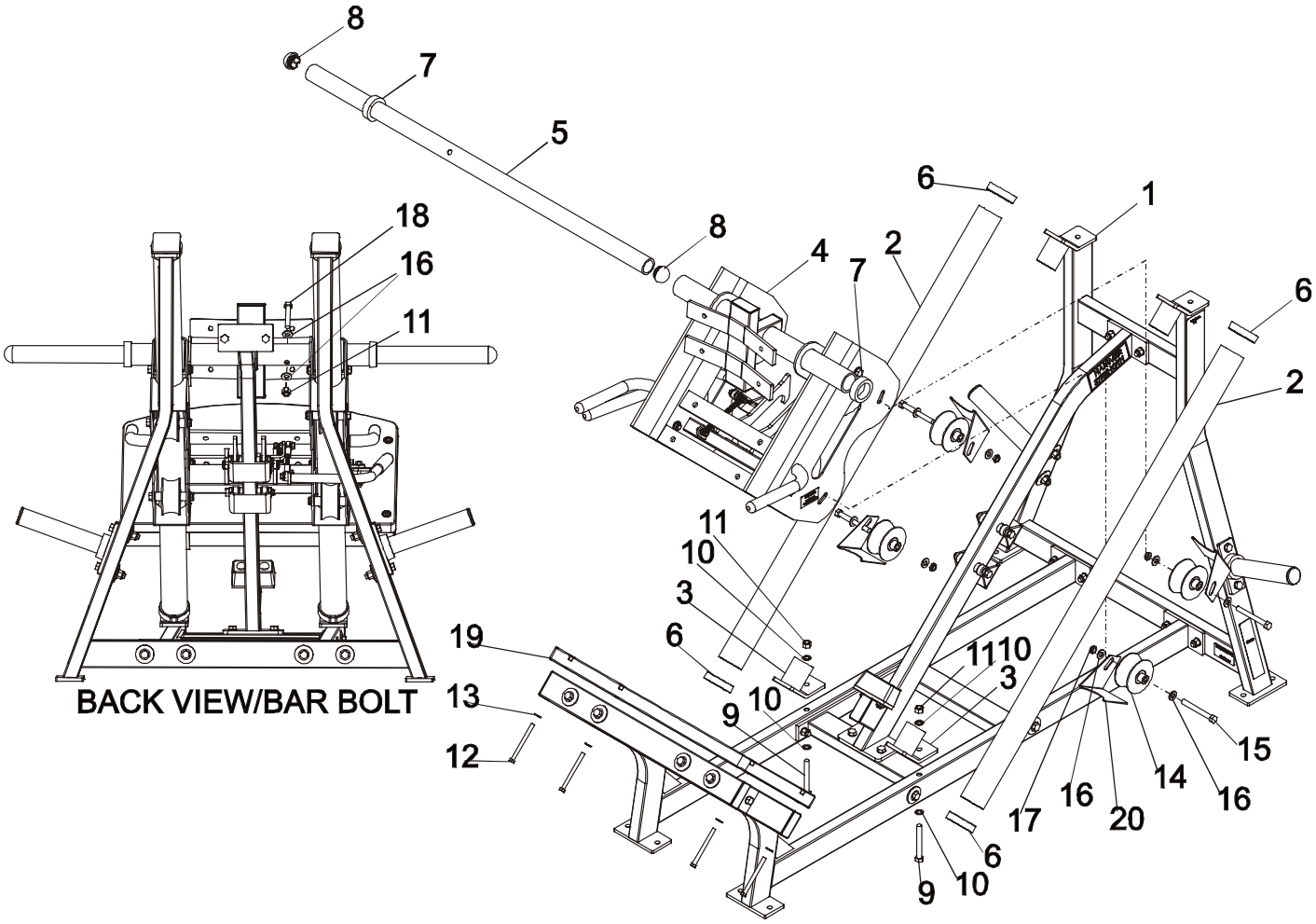
Top Assembly



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLLH-A0002	MAIN FRAME ASSEMBLY
2	2	PLLH-M0018	PIPE RAIL
3	2	PLLH-S0009	PIPE SUPPORT
4	1	PLLH-A0001	CARRIAGE ASSEM.
5	1	PLLH-M0013	PLLH WEIGHT BAR
6	4	PLLL-P0014	LARGE DONUT BUMPER
7	2	0017-00042-1036	WEIGHT PLATE DONUT BUMPER
8	2	0017-00042-1091	BULLET END CAP
9	2	0017-00101-1576	1/2 X 4 1/4 Bolt
10	4	0017-00104-0379	1/2" Internal Lock Washer
11	3	0017-00103-0223	1/2" THICK NYLOC NUT
12	4	0017-00101-1665	3/8 X 4 1/2 Bolt
13	4	0017-00104-0313	3/8" SAE Flat Washer
14	4	0017-00009-1098	ROLLER ASSEM.
15	4	0017-00101-1579	1/2 X 4 1/2 Bolt
16	10	0017-00104-0311	1/2" SAE Flat Washer
17	4	0017-00103-0224	1/2" THIN NYLOC NUT
18	1	0017-00101-1582	1/2 X 3 Bolt
19	1	PLLH-P0008	PLLH FOOT PLATE
20	4	PLLH-P0009	ROLLER GUARD

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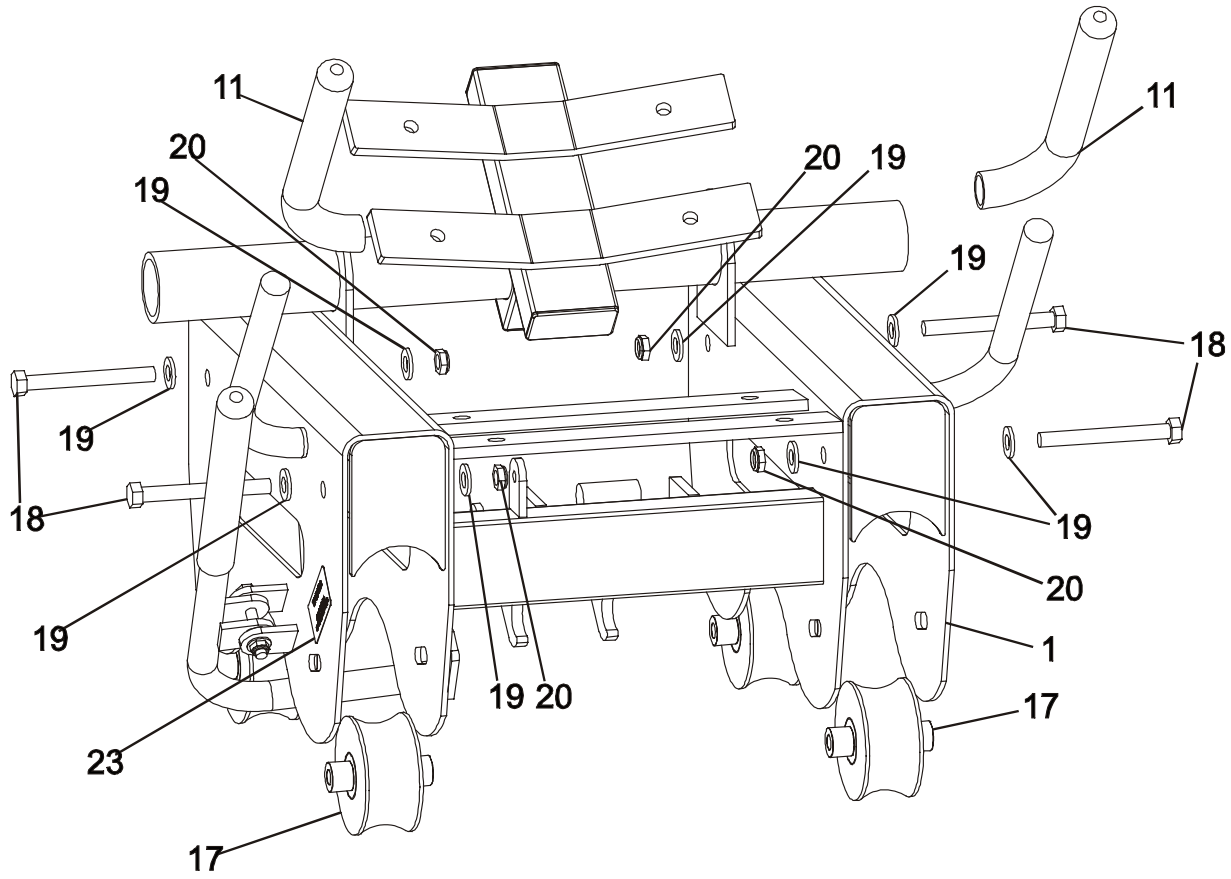
Carriage Assembly



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLLH-S0006	CARRIAGE WLDMNT.
2	1	PLLH-S0007	STOP LOCK
3	1	PLLH-A0004	STOP HANDLE ASSEMBLY
4	1	FB31-M0036-0000	AXEL (3)
5	2	0017-00009-0929	3/4 I.D. OILITE BUSHINB; FLANG
6	2	0017-00009-1028	E-CLIP
7	2	0017-00104-0373	SPACER
8	1	0017-00101-1417	3/8 X 2 1/2 Bolt
9	8	0017-00104-0313	3/8" SAE Flat Washer
10	6	0017-00103-0217	3/8" Thin Lock Nut
11	2	PLLL-P0015	1.00 " HAMMER GRIP (11.375)
12	3	0017-00042-1038	1.5" X 3.0" PLASTIC END CAP
13	1	PLLH-A0003	STOP LINK ASSEMBLY
14	4	0017-00104-0356	WSH 375 - .XXX - 125 FLAT NY
15	1	0017-00101-1416	3/8 X 2 Bolt
16	1	0017-00101-1411	3/8 X 1 1/2 Bolt
17	4	0017-00009-1098	ROLLER ASSEM.
18	4	0017-00101-1579	1/2 X 4 1/2 Bolt
19	8	0017-00104-0311	1/2" SAE Flat Washer
20	4	0017-00103-0224	1/2" THIN NYLOC NUT
21	1	0017-00009-1074	SPRING
22	1	0017-00101-1464	3/8 X 1 Bolt
23	2	M051-00293-B000	WARNING DECAL
24	2	0K50-P0569-0000	PROTECTION STRIP

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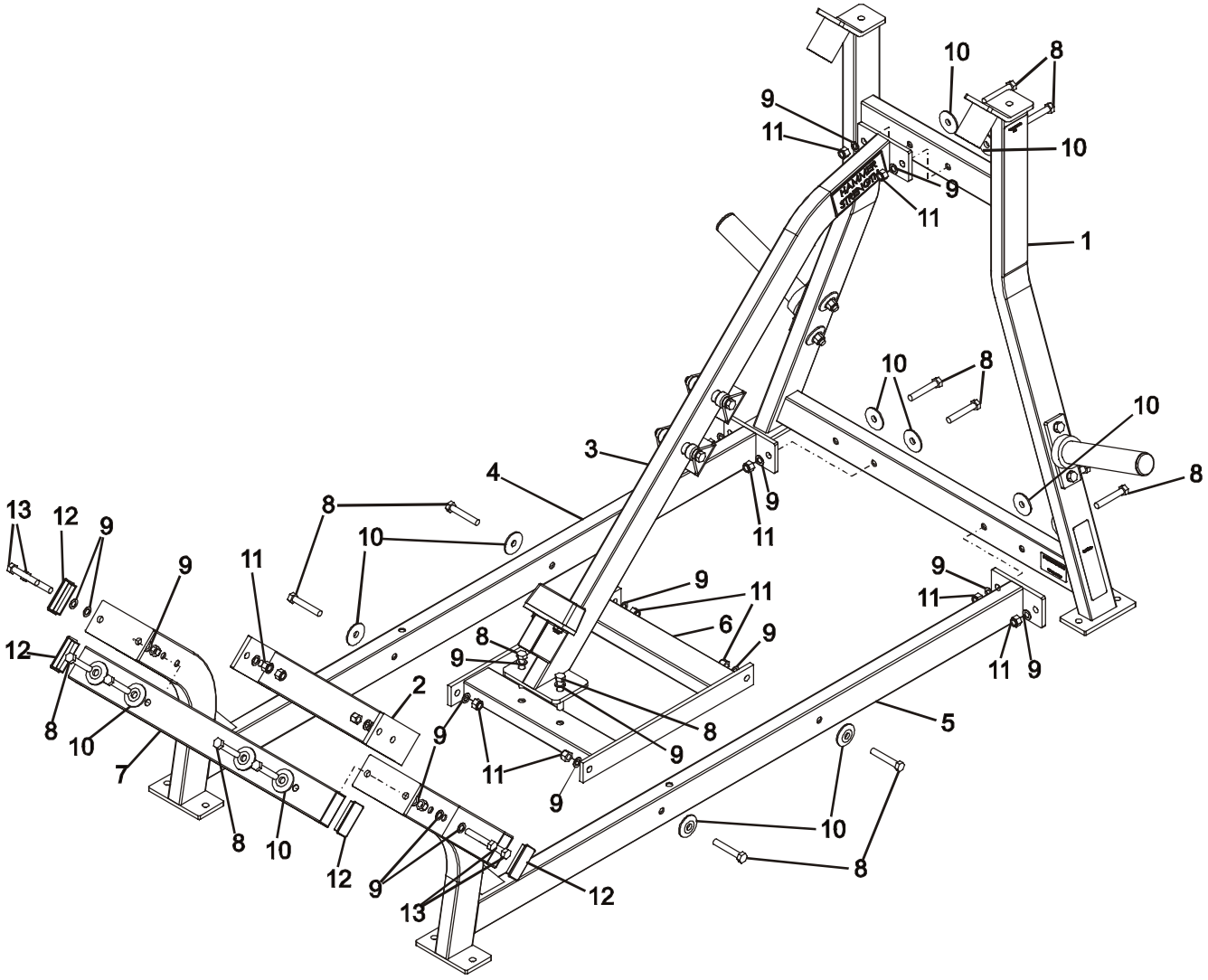
Main Frame Assembly



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLLH-A0005	REAR FRAME ASSEMBLY
2	1	PLLH-S0010	FOOT BRACE WELDMENT
3	1	PLLH-A0006	CENTER FRAME ASSEMBLY
4	1	PLLH-S0003	RIGHT SIDE FRAME WLDMNT
5	1	PLLH-S0002	LEFT SIDE FRAME WLDMNT.
6	1	PLLH-S0004	MID FRAME WLDMNT.
7	1	PLLH-M0012	FOOT PLATE BRACE
8	16	0017-00101-1582	1/2 X 3 Bolt
9	24	0017-00104-0379	1/2" Internal Lock Washer
10	16	0017-00104-1385	HAMMER WASHER
11	20	0017-00103-0223	1/2" THICK NYLOC NUT
12	4	0017-00042-1038	1.5" X 3.0" PLASTIC END CAP
13	4	0017-00101-1573	1/2 X 2 3/4 Bolt

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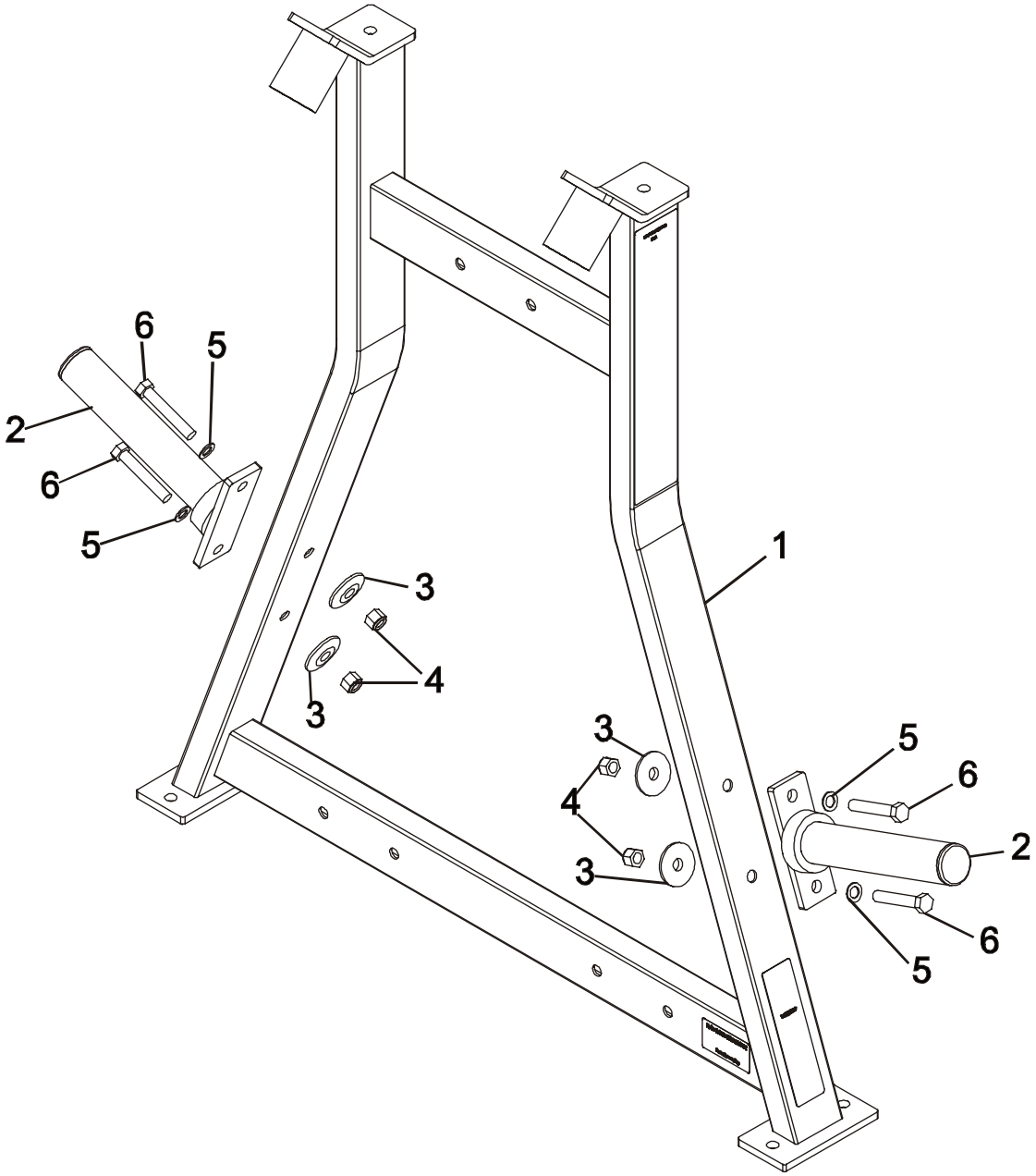
Rear Frame Assembly



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLLH-S0001	BACK FRAME WLDMNT.
2	2	PLLL-A0022	PLATE HORN
3	4	0017-00104-1385	HAMMER WASHER
4	4	0017-00103-0223	1/2" THICK NYLOC NUT
5	4	0017-00104-0379	1/2" Internal Lock Washer
6	4	0017-00101-1582	1/2 X 3 Bolt
7	1	M051-00621-A000	MTS PLLH INSTRUCTIONAL DECAL
8	1	M051-00299-A000	HAMMER PATENT DECAL
9	1	M051-00335-A000	WARNING DECAL

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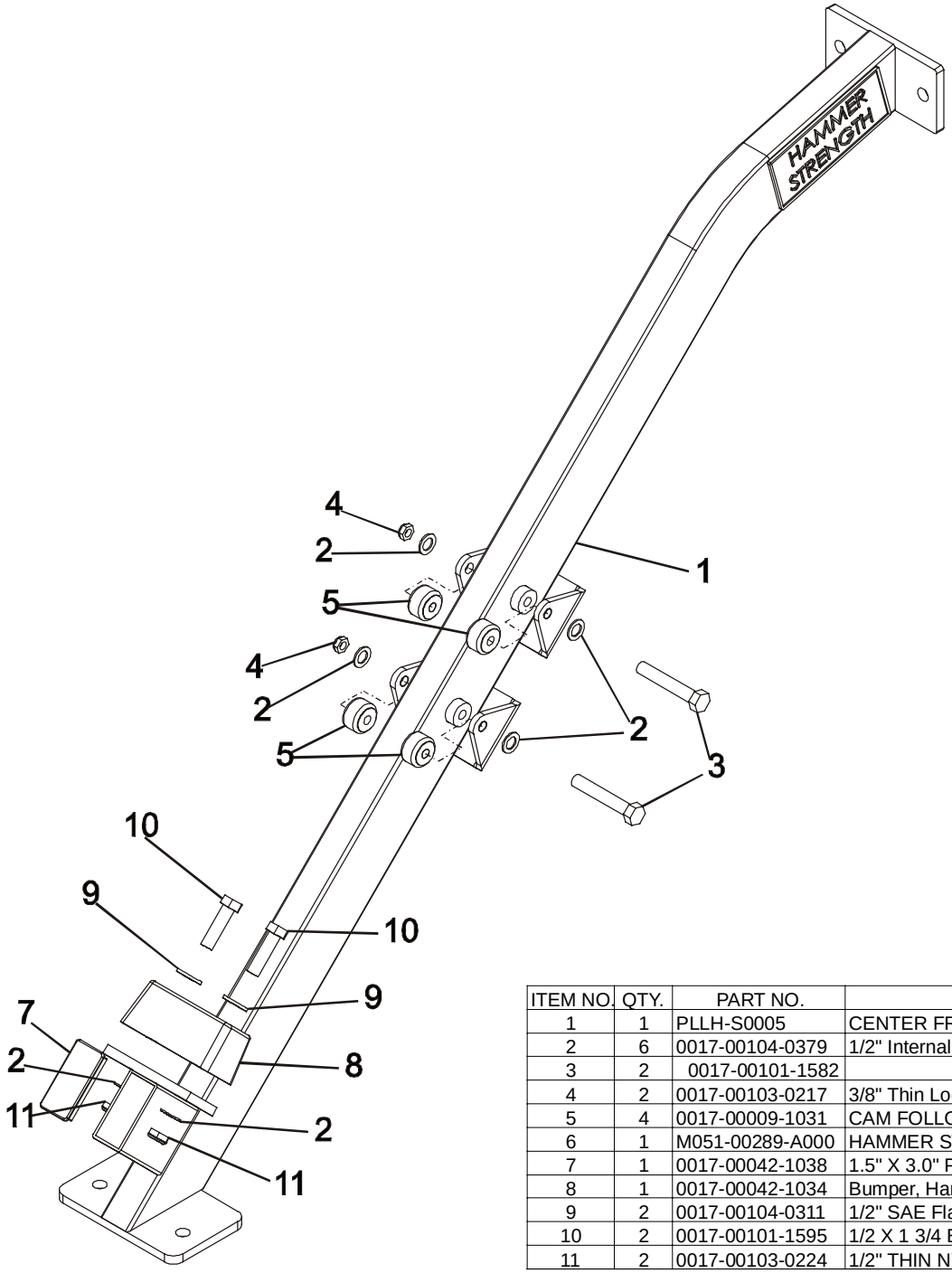
Center Frame Assembly



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLLH-S0005	CENTER FRAME WLDMNT.
2	6	0017-00104-0379	1/2" Internal Lock Washer
3	2	0017-00101-1582	1/2 X 3 Bolt
4	2	0017-00103-0217	3/8" Thin Lock Nut
5	4	0017-00009-1031	CAM FOLLOWER TORRINGTON YCR-20
6	1	M051-00289-A000	HAMMER STRENGTH NAME PLATE
7	1	0017-00042-1038	1.5" X 3.0" PLASTIC END CAP
8	1	0017-00042-1034	Bumper, Hammer Style (Tall)
9	2	0017-00104-0311	1/2" SAE Flat Washer
10	2	0017-00101-1595	1/2 X 1 3/4 Bolt
11	2	0017-00103-0224	1/2" THIN NYLOC NUT

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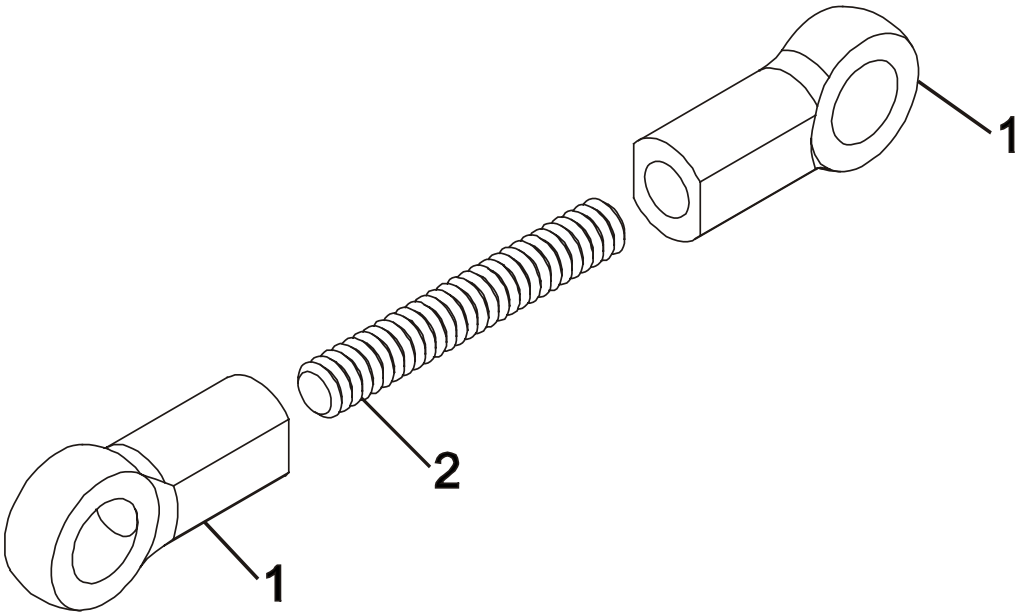
Stop Link Assembly



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	0017-00009-0960	.375 rt. th. hyme joint
2	1	0K50-P0616-0000	HEIM JOINT LINK

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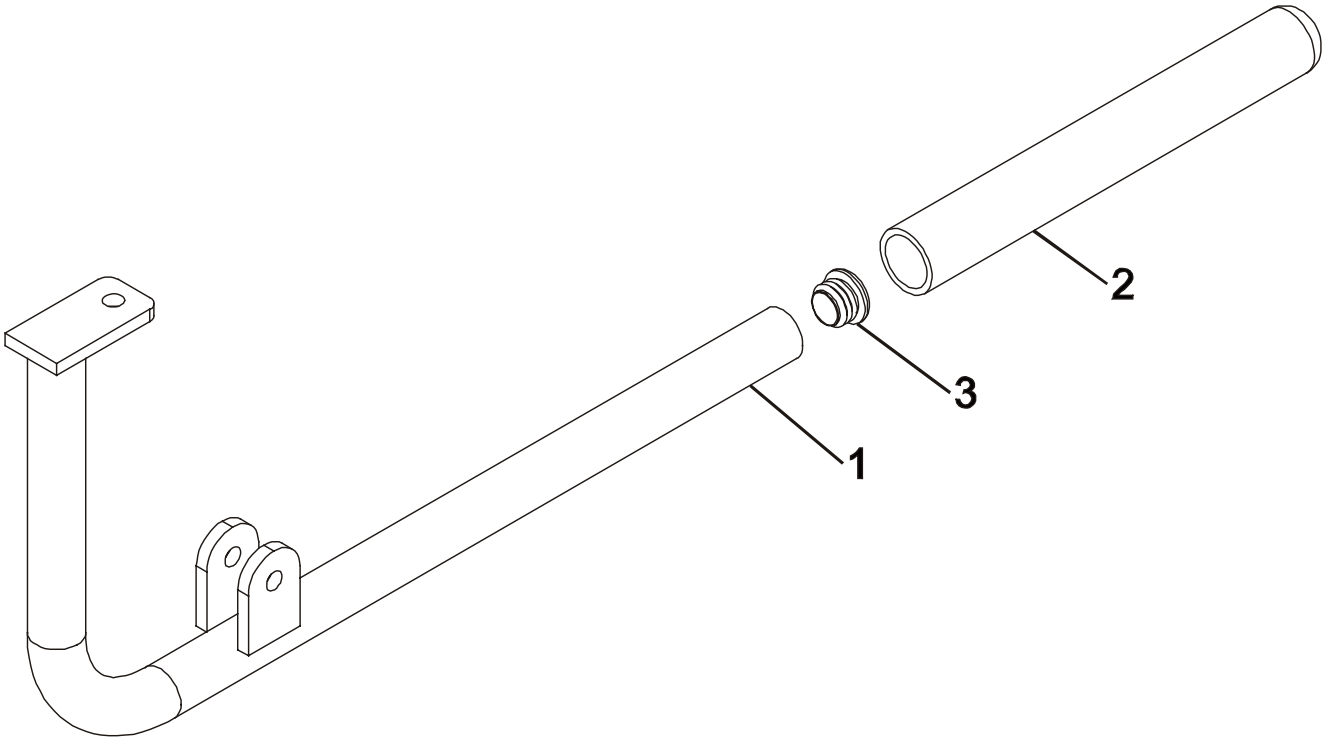
Stop Handle Assembly



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLLH-S0008	STOP HANDLE WELDMENT
2	1	PLLL-P0015	1.00" HAMMER GRIP (9.625")
3	1	0017-00042-0974	CAP PLUG (1.00 X .120 TUBE)